

Please Join Us in Celebrating Good Health!

## **NUTRITION AWARENESS VIDEO**

## BUILD A HEART SMART PANTRY & COOK FOR WELLNESS

## Learn about...

- Items to include in your pantry to make it Heart Smart!
- Understanding food labels and which ingredients to avoid
- How to be supermarket savvy for optimal wellness
- How to cook for wellness utilizing health cooking techniques and flavorful, healthy ingredients!

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